



COMPASSIONATE TRAITS SELF-ASSESSMENT



INTROSPECTIVE

Examines their beliefs to consider how their actions affect the world around them



ACTS WITH A PURPOSE

Makes choices that align with a commitment to have a positive impact on important issues.



THINKS CRITICALLY

Explores a topic from all angles before making a well-thought-out decision



EMPATHETIC

Connects to feelings outside their own by viewing concepts through the lens of another



COLLABORATES & COMMUNICATES OPENLY

Embraces the inspiration and participation of others by accepting new ideas and perspectives



A TEAM PLAYER

Works well in a team and engages their peers by leveraging their unique, individual skill sets



INSPIRES PEERS

Sets a positive example for the people around them



HOPEFUL & OPTIMISTIC

Stays positive and committed to achieving their goal



ADAPTABLE & RESILIENT

Embraces challenges and overcomes setbacks

BEFORE YOUR PROJECT

AFTER YOUR PROJECT

INSTRUCTIONS:

Rate each trait on your ability, on a scale from 1 to 5.

SCALE:

- 1** = I don't feel that I display this trait and I would like to greatly improve
- 2** = I rarely display this trait and would like to improve
- 3** = I display this trait sometimes, but could use some improvement
- 4** = I display this trait often and can strengthen it
- 5** = I display this trait almost always and I believe I inspire others to as well